

# 100 DAYS OF REJECTION

WITH JIA JIANG

- ☐ **Rejection 1:** Borrow \$100 from a Stranger
- ☐ **Rejection 2:** Request a "Burger Refill"
- ☐ **Rejection 3:** Ask for Olympic Symbol Doughnuts
- ☐ **Rejection 4:** Deliver a Pizza for Domino's
- ☐ **Rejection 5:** Tour a Grocery Store Warehouse
- ☐ **Rejection 6:** Play Soccer in Someone's Backyard
- ☐ **Rejection 7:** Speak Over Costco's Intercom
- ☐ **Rejection 8:** Get First Spot in Best Buy's Thanksgiving Line
- ☐ **Rejection 9:** Send Stuff to Santa Claus Through Fedex
- ☐ **Rejection 10:** Have Someone Sing the Happy Birthday Song to Me
- ☐ **Rejection 11:** Learn Sales from the #2 Car Salesman in the Country
- ☐ **Rejection 12:** Ask Jackie to Talk to Millions of People
- ☐ **Rejection 13:** Take an Unregistered Exam
- ☐ **Rejection 14:** Give \$5 to Five Random People
- ☐ **Rejection 15:** Be a Live Mannequin at Abercrombie
- ☐ **Rejection 16:** Ring a Bell for the Salvation Army
- ☐ **Rejection 17:** Borrow a Dog From the Humane Society
- ☐ **Rejection 18:** Give Weather Forecast on Live TV
- ☐ **Rejection 19:** Make Announcement on a Southwest Flight
- ☐ **Rejection 20:** Ask Jeff Probst to Sing a Song to My Son

## REJECTION TIP:

Set a number of how many rejections you can face before you give up on your goal. My number was 100.

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- ☐ **Rejection 21:** Ask Strangers for Compliments
- ☐ **Rejection 22:** Make My Own Flavor of Ice Cream
- ☐ **Rejection 23:** Be a Greeter at Starbucks
- ☐ **Rejection 24:** Exchange Training With a Personal Trainer
- ☐ **Rejection 25:** Dance With a Dancing Santa
- ☐ **Rejection 26:** Give a Lecture to College Student
- ☐ **Rejection 27:** Get Donations For Charity on The Street
- ☐ **Rejection 28:** Make a Sale For Best Buy
- ☐ **Rejection 29:** Learn How to Make Chai Tea From Barista
- ☐ **Rejection 30:** Slide Down the Fire Pole at a Fire Station
- ☐ **Rejection 31:** Be a Santa to a Santa
- ☐ **Rejection 32:** Get a Free Room at a Hotel
- ☐ **Rejection 33:** Grill My Own Meat at Salt Lick
- ☐ **Rejection 34:** Find a Job in One Day
- ☐ **Rejection 35:** Ask a Girl Out to Dinner
- ☐ **Rejection 36:** Trim My Hair at Pet Smart
- ☐ **Rejection 37:** Dry-Clean My Tire
- ☐ **Rejection 38:** Challenge a CEO to a Staring Contest
- ☐ **Rejection 39:** Race a Random Person
- ☐ **Rejection 40:** Partner Up with Stranger to Buy Lottery



## REJECTION TIP:

Always prepare a good reason WHY you are asking for something so you can explain your sometimes crazy requests

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- ☐ **Rejection 41:** Sit in Police Car's Driver Seat
- ☐ **Rejection 42:** Write an Article for Businessweek
- ☐ **Rejection 43:** Hug a Walmart Greeter
- ☐ **Rejection 44:** Dance on Security Camera
- ☐ **Rejection 45:** Put Sunglasses on Random People
- ☐ **Rejection 46:** Borrow \$100 Bills From Bank for Paper Plane Fight
- ☐ **Rejection 47:** Pump Gas for Strangers
- ☐ **Rejection 48:** Bike Race at Toys R Us
- ☐ **Rejection 49:** Interview a Panhandler
- ☐ **Rejection 50:** My Only Day at New Job
- ☐ **Rejection 51:** Make My Own Sandwich at Subway
- ☐ **Rejection 52:** Be Like a Southwest Pilot
- ☐ **Rejection 53:** Ask Zappos Employees to Gangnam Style
- ☐ **Rejection 54:** Dance With My Waitress
- ☐ **Rejection 55:** Get a Private Jet Ride From Tony Hsieh
- ☐ **Rejection 56:** Attend a Random Superbowl Party
- ☐ **Rejection 57:** Buy a Quarter of a Shrimp
- ☐ **Rejection 58:** Name My Own Price at Dollar Tree
- ☐ **Rejection 59:** Set Up a Printer Stand at Starbucks
- ☐ **Rejection 60:** Present My First College Lecture

## REJECTION TIP:

Be confident in your requests. If you're nervous or scared, people will feel your unease and be less likely to say yes.

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- ☐ **Rejection 61:** Plant a Flower In Someone's Yard
- ☐ **Rejection 62:** Sell Cookies for the Girl Scouts
- ☐ **Rejection 63:** Give Away Apples to Strangers
- ☐ **Rejection 64:** Work at a Whataburger Drive-Through
- ☐ **Rejection 65:** Sleep at Mattress Firm
- ☐ **Rejection 66:** Ask Others to Get Rejected with Me
- ☐ **Rejection 67:** Observe a High School Class
- ☐ **Rejection 68:** Exchange Secrets with Strangers
- ☐ **Rejection 69:** Buy Fresh Fruit at Jamba Juice
- ☐ **Rejection 70:** Get a Discount at Target
- ☐ **Rejection 71:** Change a Coffee Shop's WIFI Password
- ☐ **Rejection 72:** Be The Worst Salesman Possible
- ☐ **Rejection 73:** Learn Spanish at Supermarket
- ☐ **Rejection 74:** Hire a Job Seeker On the Spot
- ☐ **Rejection 75:** Make Pie with My Own Ingredients
- ☐ **Rejection 76:** Get a Live Interview on Radio
- ☐ **Rejection 77:** Fix a PC at the Apple Store
- ☐ **Rejection 78:** Feed a Lion
- ☐ **Rejection 79:** Ask for a McDonald's McGriddle in the Afternoon
- ☐ **Rejection 80:** Test Drive an Expensive Car

## REJECTION TIP:

If someone says no, ask how you can help make it happen. Rejections are gateways into negotiations. When you ask how, you have the chance to collaborate and turn your no into a yes.

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- ☐ **Rejection 81:** Be a Tour Guide at Museum
- ☐ **Rejection 82:** Sit On Lincoln's Lap in DC
- ☐ **Rejection 83:** Recruit Strangers to Hold Up Signs in DC
- ☐ **Rejection 84:** Draw Portrait of Strangers
- ☐ **Rejection 85:** Get as Many Rejections as Possible in NYC
- ☐ **Rejection 86:** Take Pictures with Strangers
- ☐ **Rejection 87:** Sky Jump off a Building
- ☐ **Rejection 88:** Play Rock-Paper-Scissors-Lizard-Spock with a Stranger
- ☐ **Rejection 89:** Skate at Sonic
- ☐ **Rejection 90:** Get a Ride on a Bucket Truck
- ☐ **Rejection 91:** Learn a Martial Arts Master's Favorite Move
- ☐ **Rejection 92:** Fly a Gyroplane
- ☐ **Rejection 93:** Play Pick-Up Line Tournament
- ☐ **Rejection 94:** Grow a Dollar 10 Times
- ☐ **Rejection 95:** Borrow a Book From Barnes & Noble
- ☐ **Rejection 96:** Interview a Female Bodybuilder
- ☐ **Rejection 97:** Give a Speech on the Street
- ☐ **Rejection 98:** Take a Tour Underneath a Plane
- ☐ **Rejection 99:** Ask Strangers to Rate My Look
- ☐ **Rejection 100:** Interview President Obama

## REJECTION TIP:

I focused on rejection attempts that would make me fearless. As you get rejected, create your own attempts to conquer your fears!